

Saskatoon Junior Goldfins Swimming Lessons

Checklist for choosing the appropriate level of
Junior Goldfins swimming lessons for your child



Register your swimmer for the highest level for which they can meet the listed requirements

Junior Goldfins Novice Level:

- Can put face into water
- Can float on front & back assisted
- Minimum age 4 years
- Level equivalencies:
 - Red Cross – *Sea Otter, Salamander, or Swim Kids 1*, YMCA – *Ray*

Junior Goldfins Bronze Level:

- Can swim on front and back 10M with arm action
- Can enter water unassisted
- Is comfortable in deep water (2.0M)
- Approximate ages 6 – 7 years
- Level equivalencies:
 - Red Cross – *Sunfish* or Red Cross *Swim Kids 2-3* YMCA – *Starfish* or *Guppy*

Junior Goldfins Silver Level:

- Can complete 25M Freestyle stroke breathing to the side
- Can complete 20M Backstroke with arm and kick action
- Is comfortable in deep water (2.0M)
- Approximate ages 7 – 9 years
- Level equivalencies:
 - Red Cross – *Swim Kids 4-5* YMCA – *Minnow* or *Guppy*

Junior Goldfins Gold Level:

- Can complete 50M Freestyle stroke breathing to the side
- Can complete 25M Backstroke with arm and kick action
- Can perform Breaststroke Kick
- Is comfortable in deep water (2.0M)
- Approximate ages 8 – 10 years
- Level equivalencies:
 - Red Cross – *Swim Kids 6-7* YMCA – *Flying Fish* or *Shark*

